

DIGESTIVE DISEASES CONSULTANTS

Lactose Malabsorption Test

Patient Instructions and Pre-Conditions

1. No antibiotics 1 week prior to the test.
2. No bulking meds 24 hours prior to the test.
3. No medications the morning of the test.
4. The patient should not have eaten slowly digesting foods like beans, bran or other high fiber cereals the day before the testing.
5. The patient should fast for 12 hours before the test. Only water to drink until midnight, then nothing.
6. The patient should not smoke, sleep, or exercise vigorously for at least ½ hour before, or anytime during testing.
7. Ask the patient about any recent antibiotic therapy and/or recent or current diarrhea. Make the physician aware of such conditions if they have occurred since they can affect the test.

Patient Test Protocol

If the patient meets the pre-conditions for testing as outlined above, proceed with the following protocol:

1. The patient must brush their teeth ½ hour before drinking the whole milk
2. Have the patient fast for a minimum of 12 hours and take 12oz. of whole milk 3 hours before the test (6am). An alveolar sample is collected and analyzed 3 hours after the ingestion of the whole milk.
3. The H₂ concentration in an alveolar air sample from a healthy patient who has fasted for 12 hours is normally less than 5 ppm.
4. If the patient is a lactose malabsorber, the breath H₂ will be over 10 ppm within the test period following the ingestion of milk.

If you need to reschedule or cancel your test, please call the office 24 hours prior to your appointment.

A NO SHOW to a test will result in a NO SHOW fee of \$25.